

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gas, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphate every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up. As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.

COUNTY CLUB LEADER UNDER FOOD BILL.

Miss Bertha Hallock to Divide Her Time Between Boys' and Girls' Work and Food Conservation.

Miss Bertha Hallock, graduate of the home economics department of Connecticut Agricultural College, has been employed as county club leader under the emergency food bill and will devote one-half of her time to boys' and girls' work and one-half to emergency food conservation work in Norwich and New London. She has had charge of the boys' and girls' club work in Norwich, having under her supervision some 500 to 600 school children. The past summer in addition to the school garden work Miss Hallock has given weekly canning demonstrations to the women of the city. During the winter season '15 and '16 Miss Hallock has assisted Miss Hayes, state home demonstration leader, in giving the home economics and rural conditions and problems at first hand and will greatly strengthen this department of the farm bureau.

Frank E. Maples President.
At a meeting of the West Plains Cemetery Association, held on Saturday last the following officers were elected: Frank E. Maples, president; John I. Ross, secretary and treasurer. Extensive improvements in the grounds were planned for spring, including a concrete walk from the front and plotting with flowers and shrubbery for the grounds.

It is officially notified that the Russian ambassador to Spain has resigned.

SAVE YOUR HAIR AND BEAUTIFY IT WITH DANDERINE

SEND A FEW CENTS! DANDERINE DISAPPEARS AND HAIR STOPS COMING OUT.

TRY THIS! HAIR GETS BEAUTIFUL, WAVY AND THICK IN FEW MOMENTS.

If you care for heavy hair, that gleams with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scurf robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots famish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a small bottle of Danderine at any drug store or toilet counter for a few cents; apply a little as directed, and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. If eventually why not now?

Highest Grade Painting

At the lowest price. Also carriages and wagons. All work guaranteed. Automobile painting a specialty.

Falls Auto Co.

51 SHERMAN STREET

190 Franklin St.

IS THE PLACE TO GET A NICE ROAST BEEF AS WELL AS A NICE PIECE OF CORNED BEEF OR ANYTHING IN THE MEAT LINE.

VAL. LUPPERT

JOSEPH BRADFORD

BOOKBINDER

Blank Books Made and Ruled to Order

108 BROADWAY

LECTURED ON CHRISTIAN SCIENCE

Frank Bell Addressed Gathering at Buckingham Memorial Movement Has 1,700 Branches in All Parts of the World.

At the Buckingham Memorial Monday evening a large audience heard Frank Bell, member of the board of trustees of the Mother Church, The First Church of Christ, Scientist, in Boston, Mass., lecture on Christian Science. After the opening exercises Mr. Bell was introduced and spoke in the following manner:

Mr. Bell in his lecture said Christian Science had been called the science of right thinking because the practice of Christian Science is the activity by which wrong thoughts give place to right thoughts, and the fruits of right thinking may appear instead of the fruits of wrong thinking.

Control of Thought.
"All there is to living is thinking," said the lecturer, and he gave illustrations of how conditions of living are primarily conditions of thinking. This, he said, would not be pleasant to contemplate were it true that thinking is more or less beyond control.

"Christian Science," he added, "shows the willing student not only how to think right, but how to hold to the one and reject the other, and thus to have dominion over the shaping of his life."

The essentially mental nature of evil was explained, attention being called to the fact that successful resistance to disease is the result of right thinking, and how it can be met and mastered at its source. The speaker referred to its source as the "evil called disease," and said that the outward expression or effect of a mental state, he said, is the growing practice of Christian Science, in which all manner of disease is healed by treatment applied solely to mental conditions, is helping mankind to see the disease in all its aspects, is the working out of wrong thinking."

This, he added, was not necessarily conscious and deliberate wrong thinking. Illustrations were given of the extent to which the common daily experiences of living "years and years of the life of the individual, the extension of which we unconsciously respond when we ride on trains, walk the streets, live in houses, etc. Therefore, "the mental causes of disease are not necessarily confined to influences of which the victim of disease may be aware."

Christian Science, he said, "proves disease to be mental by healing it by a mental method."

The Authentic Textbook.

The book, "Science and Health, with Key to the Scriptures," by Mary Baker Eddy, was described as the textbook of Christian Science, in which are set forth "the rule and method of the science of right thinking, what it is and how it may be learned and applied." Persons who studied this book in the hope of learning how to practice hypnotism or mesmerism, to conquer pain with mental suggestion or will power, to heal disease by calling it names, to overcome evil by ignoring it, or to do anything else absurd or unnatural, declared the speaker, were bound to be disappointed. He said the title of the book showed that its purpose was to prove not only that disease is mental, but that the "knowledge that is synonymous with health is religious knowledge, to be found in the Bible, and that the mentality that truly heals is not the human mind, but the infinite intelligence, God. The book, he said, sets forth a theory to be applied by a method to be tried and judged by results, the keynote of Christian Science being demonstration.

The method of Christian Science treatment was illustrated in a description of how it is applied in the case of the disease called indigestion. False appetites, the speaker said, were traceable to wrong mental concepts which yielded readily to the right mental activity of "scientific religion."

Helpful in Business.

Business men find the solution of their business troubles in Christian Science, the speaker declared; that is, provided they are willing to give up trying to gain seemingly worthwhile ends by means of wrong action. The lecturer quoted "a man of world-wide reputation for business success" as saying: "My experience has taught me that the effort to make money by something he does not need in the long run defeats its own purpose." This was cited as illustrating the fact that the modern business man "is catching a glimpse of the operation of divine law in business."

Christian Science helps the business man to see more clearly, according to the lecturer, "and to avail himself of the operation of divine law in business in constantly increasing degree."

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A Substantial Movement.
The activities of the Christian Science church were described by the speaker. It has seventeen hundred branches in all parts of the world, and is being organized at an average rate of two per week. There are six thousand registered practitioners of Christian Science, devoting all their time to the work. The last year were heard by one million six hundred thousand persons, forty thousand more than the year before.

The church gives liberally in public emergencies, and its members do their share in support of worthy charities. A steady stream of money and supplies has gone through this church to war sufferers in all lands since the war began. This church "makes no demands on the community."

It builds handsome church edifices without solicitation of funds from outsiders, and dedicates them free from debt. Its up-to-date publishing house employs six hundred persons, issues Mrs. Eddy's works, also quarterly, monthly and weekly periodicals, a daily newspaper, and other literature in eleven languages.

Thirty American legislatures have recognized the practice of Christian Science by providing that it shall not be subject to medical interference or regulation, and this recognition has stood the test in courts of law. There is no lack of legal right to practice Christian Science in the other states.

Religion and War.

"Good citizenship is a natural product of right thinking," said the speaker. "One would search the teachings of Christian Science in vain for justification for the slightest default in one's support of a righteous government in a just cause." He then explained that Christian Scientists are of opinion that they have been spared much of the mental burden of the times by reason of the effect of their religion in dissolving all-outlet and all-outlet.

When war came the Christian Scientist did not have to "lower his concept of duty by assenting to the war theory that God requires that man must use evil to accomplish good," nor "stupidly his spiritual sense with that discreditable substitute, straightforward thinking, the familiar theological narcotic, that the ways of providence are inscrutable." Christian Science, the speaker said, gave its adherents a rational explanation of all things. He added that when "the Christianity that is Christian Science" is practiced universally "there will be no more, because fear and hate, and greed, superstition and false theology, phases which wrong thinking promote and permit war will have been deprived of their claim to dominion over man, and the supremacy of a natural good will have been demonstrated in the affairs of the nations."

In closing, the lecturer paid grateful tribute to Mrs. Eddy, who, he said, was "entitled to high place among those who had been persecuted for righteousness sake," because of what she had bravely met "in order that the way to health and holiness might be made clear for you and me."

CONNECTICUT COLLEGE NEWS.

Students Take Action on Death of Former President Dr. Frederick H. Sykes.

The students of the Connecticut College for Women at New London, Conn., gathered together at assembly on Monday morning, heard for the first time the news of the death of their former president, Dr. Frederick H. Sykes.

The news was announced by President Marshall to the assembly, who in a minute changed from a group of happy college girls to a group of sorrowful young women, who felt as though a great something had been taken from them. Dr. Sykes, who spoke briefly, sympathizing with the girls in their sorrow, and paying high tribute to the work and spirit of the college, which he said was the inspiration of Mr. Sykes, the first president. In brief, Dr. Marshall spoke as follows:

I do not know how to express my sympathy for you in the great sadness which has come upon you. I did not know Dr. Sykes personally, in fact, I have never seen him, but I can pay him and you no higher tribute than an appreciation of the work of his forming in my mind the vision of the vital soul of the great man in you I find the realization of his hope and vision. He has wrought the fabric for your reward, womanhood, and he has achieved realities for things never dreamed of, through his great vision, courage and hope. He has given you the weapons of dedication to life, and the things which we are now proceeding on are of his foundation. And now that his spirit has gone from earth we shall believe that he has gone for naught, that in the peace of his future home he may give a course to us in the spirit of his vision and inspiration. To you who know him in his sorrow and trial, who shared his vision, who went down in the valley with him in your loyalty, I give my deepest sympathy.

At the close of the assembly exercises a meeting of the Student Government association and the representatives of the classes of 1919 and 1920 as representatives of the college body to the funeral services. It was also voted to send flowers to the home of Dr. Sykes, and upon a request from the class of 1921 that they be allowed to send flowers to the home of Dr. Sykes. The following telegram was sent to Mrs. Sykes by the student body:

The students of Connecticut college, out of sincere appreciation and affection for the work and character of the first president, friend and prophet beloved, and in sympathy with the dearest ones, beg to assure Mrs. Sykes and children of their love and commend them to the comfort and tender strength of the Most High.

Classes were suspended on Monday and all social engagements for the week, including the reception which was to have been given in honor of Dr. Marshall on Friday evening, were cancelled.

HAVE RESUMED WASTE PAPER COLLECTIONS

One to be Made Every Other Week From Now On.

The National League for Women's Service have resumed their collection of waste paper, collecting only every other week from now on. The next collection will be Friday of this week and anyone who has too large an accumulation to be gathered up by the captain of their district may confer a favor on the league by sending a post card to William F. Habekott, 231 Broadway, who will send for it by express cargo must be made not be laid on the value to the Service League of this waste paper collection, as it is their only source of income, and they are depending on funds so gained. If every household would save the waste paper of each day and week to contribute to the cause it would result in a very large total and would materially add to the ability of the league's usefulness.

In one well known branch of the league's service, namely, the knitting, a very interesting and useful fact was called to their attention recently. One of the knitters, who had thought the socks on which she was working,

were very dirty and full of surplus dye, was emboldened to try washing them in a tub of water. To her surprise the compound and returned them there after to the league rooms, clean and soft to an astonishing degree, and fast color. Perhaps some slight indignation along this line would result in added comfort to the fortunate boys who receive these articles. Extreme care, however, must be exercised to avoid shrinking them.

Entertained Relatives.

A. F. Grinnell entertained Sunday at 114 Asylum street his mother, Mrs. E. J. Grinnell, and brother, R. E. Grinnell, and family of Middletown, R. I., and another brother, J. P. Grinnell, and family of Peabody, Mass. The occasion marked another milestone in the life of A. F. Grinnell.

NORWICH TOWN

Rev. J. Eldred Brown and Singers From Trinity Episcopal Church Bringing Inspiring Message to House-hold at Sheltering Arms—Purchaser for Gagnon Property—Tree Blown Over.

There was evening prayer and an address at the Sheltering Arms on Sunday afternoon by Rev. J. Eldred Brown and choir of Trinity Episcopal church. The text of the address was And He said unto them, Why are ye so fearful, how is it that ye have no faith? The picture of Jesus and the disciples in a ship on the Sea of Galilee was drawn. They had some faith to go to Christ and ask Him for help. In this incident we see life with its calm and storms when faith may be tested.

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Gagnon Family Moves.

Mrs. and Mrs. William Gagnon and

Cups and Saucers

Plain white Cups and Saucers medium weight. Value \$2.00 a dozen—this sale

13c

Per Cup and Saucer

The Porteous & Mitchell Co.

October Kitchen Furnishings Sale

A Five-Day Event, Beginning Today, at 8.15 a. m. Here It Is Again! Our Annual October Kitchen Furnishings sale. An event that should interest every house-keeper, boarding house proprietor or hotel man in and around Norwich. Every article offered is new, clean and perfect, and every money saving value is exactly as represented.

China and Glass Specials

Japanese Thin China Cups and Saucers. All-over blue decoration. 25c each, regular value, at..... 15c 35c Yellow Mixing Bowls, at..... 27c 20c Earthen Cupboards, at..... 15c 10c Glass Measuring Cups, at..... 5c 35c Plain Table Tumblers, doz., at..... 25c 50c Colonial Table Tumblers, doz., at..... 50c 50c Colonial Table Tumblers, doz., at..... 72c White Pitchers—straight, heavy. 25c quart size, at..... 19c 35c 3-pint size, at..... 27c 90c 5-quart Water Pitcher, at..... 49c

24-Pound Family Scales

Give weight by the ounce—needed in every household. \$1.29 without scoop, at..... \$1.00 \$1.45 with scoop, at..... \$1.25

Electric Irons

Special—complete with cord and plug. \$3.00 Irons, this sale, at..... \$2.49

Dairy Pails

Heavy charcoal tin, strainer on top with extra ring for cloth strainer. 10 quart pails—value \$1.20, at..... 90c 12 quart pails—value \$1.29, at..... \$1.10 14 quart pails—value \$1.35, at..... \$1.21

Covered Baskets

No. 1 size—value 15c—special at..... 12c No. 2 size—value 25c—special at..... 21c No. 3 size—value 35c—special at..... 29c No. 4 size—value 39c—special at..... 33c No. 5 size—value 50c—special at..... 39c Fancy Waste-paper Baskets, colored straw 25c value, this sale, at..... 19c

Laundry and Wet Wash Baskets

Splint ash end handles. 26-inch baskets, at..... 59c 30-inch baskets, at..... 75c

Soaps and Powders

LIMITED AMOUNT TO A CUSTOMER
We are selling this soap at a loss and we have just so many cases to sell at this price. Therefore there will be no C. O. D.'s, nor telephone orders accepted.

IVORY SOAP..... 5c bar LENOX SOAP..... 5c bar WELCOME SOAP..... 5c bar LIGHTHOUSE SOAP..... 5c bar

Spotless Cleanser, value 5c, at..... 3c Lighthouse Cleanser, value 7c, at..... 5c Lighthouse Washing Powder, at..... 5c Borax Chips, this sale, at..... 2c 50-Mule-Team Powdered Borax, at..... 8c

Sani-Flush

Makes the closet bowl odorless. Removes stains and filth. 25c can Sani-Flush..... 21c

Sylpho Nathol

10c bottle, at..... 8c 25c bottle, at..... 21c 50c bottle, at..... 42c

were very dirty and full of surplus dye, was emboldened to try washing them in a tub of water. To her surprise the compound and returned them there after to the league rooms, clean and soft to an astonishing degree, and fast color. Perhaps some slight indignation along this line would result in added comfort to the fortunate boys who receive these articles. Extreme care, however, must be exercised to avoid shrinking them.

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Butcher Knives

6-8-10-inch Butcher Knives, all shapes and kinds. Values up to 50c at

27c Each

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Miscellaneous Kitchenware

WALL COFFEE MILLS

Glass container, glass for catching the ground coffee. Can be regulated as to the fineness of the grinding. 90c size, at..... 67c \$1.25 size, at..... 98c

20c Wire Dish Drainers, at..... 16c 25c Wire Dish Drainers, at..... 21c 35c Wire Dish Drainers, at..... 29c 25c Wright's Silver Cream, at..... 8c 25c and 30c Gas Mantles—up-to-date or inverted, at..... 9c

PAPER NAPKINS—white crepe—20c per hundred, this sale..... 10c WAX PAPER—white—in a roll, 5c per roll—special at..... 4c

10c Dish Mops, special at..... 8c 10c Stove Shovel, special at..... 8c 10c Mincing Knives, special at..... 8c 10c doz. Lamp Wicks, special at..... 8c

Bread Mixers

Made of heavy charcoal tin, complete with cover. table clamp, crank, etc. Six loaf size, regular \$3.00 value, at this sale..... \$2.29

Alarm Clocks

\$1.25 Our Leader, at..... 98c \$1.60 Eska—back bell alarm at..... \$1.29

Enameled Ware

25c Gray Enameled Basins, at..... 15c 27c Onyx Enameled Basins, at..... 23c 25c 2-qt. Onyx Coffee Pot..... 39c 60c 3-pt. Onyx Coffee Pot..... 45c 98c 3-pt. Marble Coffee Pot..... 83c 35c Enamel Dish Pan..... 25c 60c Large Enamel Dish Pan..... 39c

WASH BASINS

25c Gray Enameled Basins, at..... 15c 27c Onyx Enameled Basins, at..... 23c 25c 2-qt. Onyx Coffee Pot..... 39c 60c 3-pt. Onyx Coffee Pot..... 45c 98c 3-pt. Marble Coffee Pot..... 83c 35c Enamel Dish Pan..... 25c 60c Large Enamel Dish Pan..... 39c

Step Ladders

Made from selected basswood, light in weight, pall rest, ideal for household use. 4 ft. ladder—regular \$1.00, at..... 88c 5 ft. ladder—regular \$1.25, at..... \$1.10 6 ft. ladder—regular \$1.50, at..... \$1.32

Ironing Boards

First quality selected wood. \$1.50 single racket, at..... \$1.29 \$1.50 double racket, at..... \$1.39

Tea Kettles

NICKEL PLATED ON COPPER Values \$1.25 to \$2.00. Three sizes. (All Seconds.) This sale only and as long as this lot lasts—at 98c

Local Jottings.

John Blacker of McCellan avenue has been visiting New York friends.

The trees are gorgeous in autumn coloring, surpassing that of last year.

Mr. and Mrs. George Geer of Plain Hill visited friends in Jewett City last week.

Clifford Lathrop from Camp Devens, Ayer, Mass., was at his home on Elm avenue over Sunday.

Mrs. Charles Ricker of Hudson, Mass., has been visiting Mrs. F. H. Bushnell of Huntington avenue, the past week.

George Mullin of Old Cemetery lane left last week for Ayer, Mass., where he is doing canteen work at Camp Devens.

Nutting day will be generally observed this season as there seems to be a plentiful supply of walnuts and chestnuts.

Timothy Fields, Jr., returned Saturday to Springfield, Mass., after passing his vacation at his home on Elm avenue and in New York.

Mrs. Browning has returned to her home in Montville after passing a few days with her son and daughter.

Bath Room Mirrors

White enameled—high grade finish—heavy French Plate Glass. Not seconds. 65c value, 8x10 in., at..... 59c 79c value, 10x12 in., at..... 69c \$1.39 value, 10x18 in., at..... \$1.22 \$2.00 value, 12x18 in., at..... \$1.72 \$2.25 value, 12x20 in., at..... \$2.00 \$2.25 value, 16x20 in., at..... \$2.05 \$2.25 value, 14x22 in., at..... \$2.05 \$2.25 value, 16x20 oval, at..... \$2.05

25c Fibre and Bristle Brush..... 24c 29c all Bristle Brush..... 24c 25c all Bristle Brush..... 22c 28c all Bristle Revolving Brush..... 23c 45c all Bristle Revolving Brush..... 27c

Dust Pan Brushes

25c Fibre and Bristle Brush..... 24c 29c all Bristle Brush..... 24c 25c all Bristle Brush..... 22c 28c all Bristle Revolving Brush..... 23c 45c all Bristle Revolving Brush..... 27c

Push Brooms

Bristle and Fibre—\$1.50 value at 77c

Stair Whisks

Best quality broom straw. Just the thing to keep the stairway clean. 25c Value 21c